

Exercise #2 – My Goals for the Challenge

Directions: Use the SMART process for setting your goals for the Cadet Challenge. Complete each step of the process by answering the questions below.

S

My goals are specific. What are your goals for each event? (Use Information Sheet #1 – Award Criteria as needed.)

Curl-Ups* (# one minute) <i>Alternative:</i> <i>Partial Curl-Up</i>	Shuttle Run (seconds)	V-Sit Reach (inches) <i>Alternative:</i> <i>Sit and Reach</i>	One-Mile Run (minutes/seconds)	Pull-Ups* (#) <i>Alternative:</i> <i>Right Angle Push-up</i> <i>50% Alternative: Flexed-</i> <i>arm hang</i>

M

My goals are measurable. What steps will you take to reach your goal?

A

My goals are attainable. Is your goal reachable for you? Explain.

R

Progress on my results will be checked and evaluated. How and how often?

T

My goals will be achieved in a certain time frame.